



Live Curiously Weekly

## Description

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What will you make, explore, watch or eat this week? Check out my latest ideas to inspire you to live more curiously. If you like what you see please share it with your friends.

**To Make:** [DIY Marshmallow Roasting Sticks](#)

# DIY MARSHMALLOW ROASTING STICKS

by Love Grows Wild  
for [iheartnaptime.com](http://iheartnaptime.com)

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I love a sâ€™™more. Show up with these fun marshmallow roasting sticks at your next bonfire and youâ€™™ll be the talk of the town.

**To Eat:** [Almond Butter Banana Blender Muffins](#)



I signed up for 60 day challenge through Life Time Fitness this month. Truth be told my challenge is to not gain weight this summer, but as a bonus I would like to drop a few winter pounds Iâ€™™ve packed on. Healthy eating doesnâ€™™t just happen overnight. It is about making good choices and establishing certain habits little by little. These blender muffins are something I could see myself making to help satisfy me sweet tooth. They are easy to make, dairy-free and gluten-free.

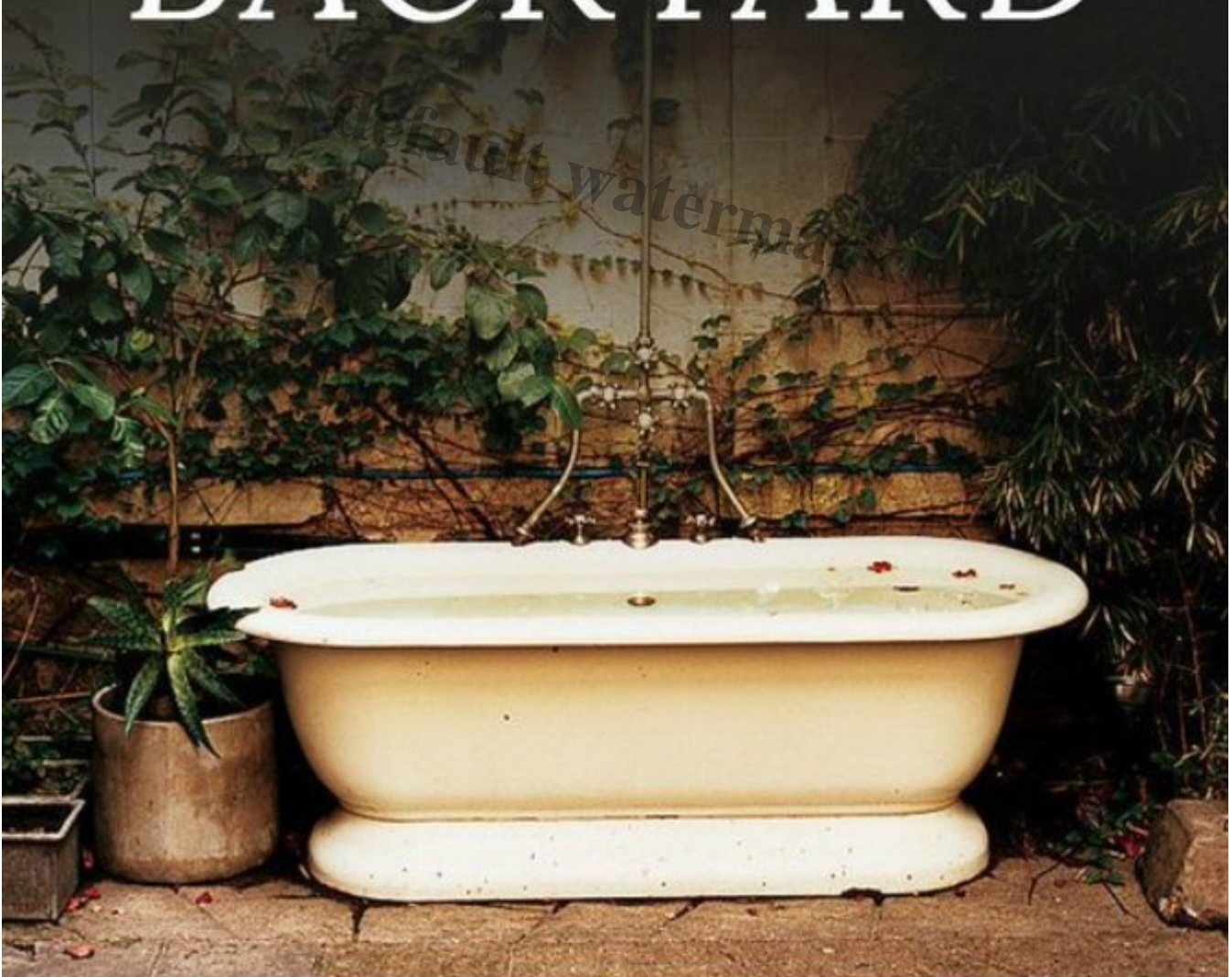
**To Inspire:** [Deliece Hofen](#)



I saw this posted on Facebook. I don't know Deliece personally, but I know her story. She is an inspiration especially for anyone who is battling an illness. She fought breast cancer at the same time fighting for her child's life who was battling neuroblastoma. They have both been in remission now for 5 years. If you're on Facebook and follow the link you can vote for her as Kansas City's Most Deserving Woman.

**To Explore: [Creative Ways to Have Fun in Your Own Backyard](#)**

# CREATIVE WAYS TO HAVE MORE FUN IN YOUR OWN BACKYARD



EMBRACE AN OUTDOOR SOAK



Not everyone can afford to take a vacation every year. When we were saving for our home 17 years ago we couldn't afford to take expensive vacations so we often took short road trips to St. Louis or Omaha. Sometimes fun can also be found in your own backyard it just requires a little creativity.

**To Discuss:** [Worst Sunscreens](#)

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This photo from Pop Sugar literally expresses how I felt after I read their article on the worst sunscreens of 2016. I've used Neutrogena sunscreen for years and I believed it to be a trusted brand. After all it says #1 Dermatologist recommended suncare right on the bottle. Are you as confused as I am when it comes to what products to buy and enticed by sometimes false and fancy marketing? So here are the [safest sunscreens for 2016](#) according to Pop Sugar, many of which I've never heard of. I've decided I'm taking my chances and using what I have. When it's time to replenish I'll look for the so-called safest sunscreens.

To Watch: [The Right Way to Store Your Fruits and Vegetables](#)



A friend shared this on her Facebook page awhile back and I think youâ€™ll find some surprises in this video. Click on the link to access the video and keep your summer fruits and vegetables fresh and tasty.

**To Reflect:** [Red Beet Eggs and Camping](#)

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I recently made a batch of adobe (aka red beet) eggs. They remind me of camping in the summer months with my family. My parents used to have a pop-up camper they pulled behind our green station wagon. We used to stay at KOA campgrounds along the East Coast at least once or twice during the summer months. Camping was never one of my mother's favorite activities, but she was a trooper. I remember having these red beet eggs on many of our camping trips. If you like the flavor of beets you will love these eggs.

**What are some of your favorite summer memories or what's something you like to make or do during the summer months? Post a comment below.**

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